In the Claims:

Please amend the claims as set forth in the following Listing of the Claims.

LISTING OF THE CLAIMS

1.(Previously Presented) A tablet comprising an effervescent composition comprising:

from 0.5 % by weight to about 10 % by weight menthol; from 0.5 % by weight to about 10 % by weight eucalyptus oil; and an effervescent agent comprising an acid and a base;

wherein the tablet dissolves in water having a temperature of at least 38°C to form a clear solution.

Claim 2 (Cancelled)

3.(Original) The tablet of claim 1, wherein said composition comprises from 1 % by weight to about 5 % by weight menthol.

Claim 4 (Cancelled)

- 5.(Original) The tablet of claim 1, wherein said composition comprises from 1 % by weight to about 7 % by weight eucalyptus oil.
- 6.(Previously Presented) The tablet of claim 3, wherein said composition comprises from 1 % by weight to about 7 % by weight eucalyptus oil.
 - 7.(Original) The tablet of claim 1 having a hardness of at least 5 kilopounds.
 - 8.(Original) The tablet of claim 1 having a hardness of at least 15 kilopounds.
 - 9.(Original) The tablet of claim 1 having a hardness of at least 20 kilopounds.

- 10.(Original) The tablet of claim 1, wherein said tablet dissolves in water having a temperature of about 38°C in less than 120 seconds.
- 11.(Original) The tablet of claim 1, wherein said tablet dissolves in water having a temperature of about 38°C in less than 100 seconds.
- 12.(Original) The tablet of claim 8, wherein said tablet dissolves in water having a temperature of about 38°C in less than 120 seconds.
- 13.(Original) The tablet of claim 8, wherein said tablet dissolves in water having a temperature of about 38°C in less than 100 seconds.
 - 14.(Original) The tablet of claim 1, further comprising lubricant.
- 15.(Original) The tablet of claim 14, wherein said lubricant comprises sodium benzoate, polyethylene glycol, L-leucine, adipic acid, or a combination thereof.
 - 16.(Original) The tablet of claim 1, further comprising magnesium oxide.
 - 17.(Original) The tablet of claim 1, further comprising pigment.
 - 18.(Original) The tablet of claim 1, further comprising flavor agent.
 - 19.(Original) The tablet of claim 1, further comprising sweetening agent.
 - 20.(Original) The tablet of claim 1, further comprising sorbitol.
- 21.(Currently Amended) A tablet comprising an effervescent composition comprising:
 - from 0.5 % by weight to about 10 % by weight menthol; from 0.5 % by weight to about 10 % by weight eucalyptus oil; and

an effervescent agent comprising an acid and a base; the tablet having a hardness of at least 10 kilopounds and dissolving in water having a temperature of about 38°C in less than 120 seconds.

- 22.(Original) The tablet of claim 21, wherein said tablet dissolves in water having a temperature of about 38°C in less than 100 seconds.
 - 23.(Original) The tablet of claim 21 having a hardness of at least 15 kilopounds.
 - 24.(Original) The tablet of claim 21 having a hardness of at least 20 kilopounds.
- 25.(Original) The tablet of claim 23, wherein said tablet dissolves in water having a temperature of about 38°C in less than 100 seconds.
- 26.(Original) The tablet of claim 24, wherein said tablet dissolves in water having a temperature of about 38°C in less than 100 seconds.
 - 27.(Original) A package comprising
 air tight sealed packaging; and
 the tablet of claim 1 disposed in said sealed packaging.
- 28.(Original) The package of claim 27, wherein said package is free of puffing after storage at 45°C for 24 hours.
 - 29.(Previously Presented) An effervescent composition comprising:
 menthol;
 eucalyptus oil; and
 an effervescent agent comprising an acid and a base,
 the composition dissolving in water having a temperature of about 38°C to
 form a clear solution.

30.(Previously Presented) A powder comprising the effervescent composition of claim 29.

31.(Original) A carbonated mouthwash comprising:

water;

menthol; and

eucalyptus oil.

- 32.(Original) A method of forming an aqueous effervescent composition, said method comprising dissolving the tablet of claim 1 in water.
- 33.(Previously Presented) A method of using the tablet of claim 1, said method comprising

dissolving the tablet of claim 1 in water to form a clear solution; and inhaling vapors emitted by the solution.

34.(Previously Presented) A method of using the tablet of claim 1, said method comprising

dissolving the tablet of claim 1 in water to form a clear solution; and gargling with said solution.

- 35.(Original) The method of claim 33, wherein said water is at a temperature of at least 38°C.
 - 36.(Original) The method of claim 33, wherein said water is boiling water.